

(Monroe Institute Blog – September 16, 2021)

WHY METAPHYSICAL DOCUSERIES ARE BECOMING SO POPULAR

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Our society is gradually opening up to the concept that we are more than our physical bodies. Documentaries about death, life after death and near-death experiences (NDEs) are taking over popular streaming platforms. Gone are the days when people were considered strange for believing in out-of-body experiences. In fact, today we're a little obsessed with that which we don't fully understand, and I don't know about you, but I'm thrilled about it.

Let's discuss a couple of popular docuseries that 2021 brought us and their metaphysical significance in the present state of the world.

Surviving Death

"Surviving Death" is a docuseries that became extremely popular after releasing on Netflix in early 2021. It's based on the "New York Times" best-seller of the same name written by Leslie Kean. This intriguing show asks the big question, "What happens when we die?" A plethora of topics are covered regarding the ideas of death, NDEs, and reincarnation.

The series begins by discussing how our consciousness may expand after we die. In the next couple of episodes, it follows mediums and discusses their ability to speak with those who have crossed over. Then, it continues with how people can receive signs and messages from loved ones who have passed away, how to actually see those who have passed away and the idea of reincarnation. In the final episode of the season, a child psychiatrist discusses past-life memories with children. (They say that children can be more in tune with their higher selves and, therefore, still remember their past lives.)

“Surviving Death” became one of the most-watched shows on Netflix this year and received an 80% score on Rotten Tomatoes, making it one of the most popular shows on this topic to date. It’s been covered by hundreds of credible media sources, and it’s been the talk of the town where I’m located in Los Angeles. The rising acceptance of this show and this genre, in general, tells me that people are opening up to the ideas of the metaphysical world now more than ever. Though we can’t tell if everyone watching the show believes in these phenomena, we can say that a large portion of our population is intrigued by the concepts.

Superpower

In the same way that “Surviving Death” investigates the ideas of the afterlife realm, a new docuseries entitled “Superpower” is covering what scientists, doctors and other specialists think about intuition. This ten-episode series, filmed in part at the Monroe Institute, discusses igniting your intuition, letting go of fear and tapping into your higher self. It covers the basics of intuition, discusses a global mindset and how we are all connected, talks about energy healing and brings up the topic of animal communication. This series also guides viewers with tips and ideas on how they can ease into their own intuition and discover what lies beyond our physical world. The series speaks with 40 specialists, including Monroe’s very own Dr. Joe Gallenberger, a psychologist, Monroe program trainer and an expert on psychokinesis. You can watch “Superpower” and follow updates about the series here: <https://superpowerfilm.com/>.

What does the growing popularity of metaphysical topics mean?

The fact that these metaphysical subjects seem to appear more frequently in our mainstream society tells me that the world is continuing to open to “new age” topics and ideas. Not to put anyone off with the term “new age,” as it’s gotten a bit of a bad reputation, so, let me explain what I mean when I say, “new age.” I recently spoke with past life regression expert Peter Woodbury, who proposed the idea that, to have a “new age,” there has to be an “old age.” He told me that he saw the “old age” as a time when people came to prophets, religious leaders and shamans to connect with and have a relationship with their higher selves. But the “new age” has brought forth a time when people are drawn to go directly to their higher selves and connect to their own intuition, their own guidance and their own counsel.

I see the rising popularity of metaphysical topics in our modern culture as a sign that people are wanting to, and looking to, learn how to connect with their higher selves on their own.

We're in a time of consciousness awakening. As a society, we continue to open to the idea that we are more than our physical bodies. For a long time, we have relied on teachers to lead us to our higher selves. Now, we are beginning to realize that we already have that connection; we only need to learn how to open to it. Once we feel that connection, we are able to participate more consciously in our own metaphysical journeys, with the help of guidance.

We have the power to learn about and experience metaphysical phenomena for ourselves, it just takes strong interest and connection with inner guidance. Luckily, the proliferation of docuseries on metaphysical topics helps us to remember and follow the path of our own spiritual journeys.